



drawn by Corinne Mucha

## Recipe: Pilot Light Grilled Chicken Tacos (Inspired by Big Star Tacos Al Pastor)

Yield: 12 tacos (Serving: 2 tacos)

### Ingredients:

Spice rub: 2 tablespoons chili powder or ancho chili powder; 1 teaspoon garlic powder; 1/2 teaspoon each: kosher salt, black pepper, cinnamon

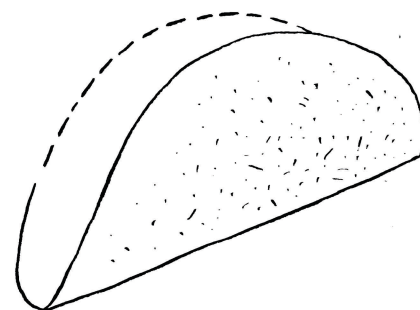
1 1/4 pound boneless, skinless chicken breast; 1 lime, cut in half; 12 tortillas, warmed; 3/4 cup salsa;  
1 avocado, thinly sliced for serving; cilantro sprigs, for serving

1. Combine spice rub ingredients in a small bowl.
2. Remove chicken from the refrigerator. Rub both sides of chicken breast with spice rub. (You may have extra rub- discard.) Let chicken sit on counter for about 20 minutes. You don't want to grill cold meat.
3. Heat grill to medium-high heat. Oil grill grate. Grill chicken about 4-5 minutes per side, until cooked through.
4. Remove chicken from grill. Let rest 5 minutes before slicing. Squeeze lime juice over sliced chicken.
5. Serve with tortillas, salsa, avocado slices and cilantro sprigs

*Note: As an alternative to grilling, heat oven broiler to high with oven rack about 4-6 inches from heat source. Put chicken on a shallow baking pan lined with foil. Broil about 4-5 minutes, per side.*

*Recipe and nutrition analysis by Raeoanne Sarazen, Pilot Light chef and registered dietitian.*

## ACTIVITY: DRAW YOUR OWN INGREDIENTS IN THIS TACO!



Don't forget to watch the video!  
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